

## warning signs

Be aware of these warning signs and seek emergency medical care if you or someone you know experiences any of the following:

### IN CHILDREN:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and a cough worse than before
- Fever with a rash

### IN ADULTS:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting



## resources

### WRAMC SPECIFIC:

**24-hour flu vaccine information line:**  
202-782-4841

### FOR CLINICAL CONCERNS

Questions about vaccine side effects:

**DOD Vaccine Health Care Center**  
**24-hour Clinical Call Center:**

202-782-0411 (from 8am to 4pm)

866-210-6469 (after hours)

Secure messages can be sent through  
[www.vhcinfo.org](http://www.vhcinfo.org)

### GENERAL INFORMATION ABOUT FLU:

US Army Public Health Command (Provisional)

<http://phc.amedd.army.mil/home/>

US Centers for Disease Control and Prevention  
[www.cdc.gov/flu](http://www.cdc.gov/flu)



# flu facts





The Center for Disease Control and Prevention (CDC) recommends a yearly flu vaccine for everyone above the age of 6 months. This means **YOU!** Remember, if you don't get the flu, you don't spread the flu!

Walter Reed leadership encourages everyone to get the flu vaccine early. While flu activity commonly peaks in the U.S. in January or February, flu can strike early in the fall. Protect yourself before the peak months to help fight off the flu the entire season.

Walter Reed Army Medical Center is committed to excellence and protecting our work force and our patients are our top priority. Your participation is critical in maintaining a healthy force!

### THIS SEASON AT WALTER REED'S **flu clinic**

This year's flu vaccine is designed to protect us against the three main flu strains that research indicates will cause the most illness: the 2009 H1N1 influenza strain and two other seasonal flu strains. Therefore, you need only one vaccine this year to protect you from the flu.

In September, the flu clinic will open to all active duty military and health care workers. Following that, the flu vaccination campaign will include all eligible beneficiaries. Flu vaccine shortages are not anticipated and there are no restrictions other than those stated by the vaccine manufacturers.

**ADULT FLU VACCINES ARE AVAILABLE IN  
Building 2, Room 2H26**

**CHILDREN UNDER 18 YEARS VISIT THE  
Pediatric clinic in room 1K**

For updated flu clinic information  
(location, dates, and times) please call the  
Walter Reed Flu Hotline, 202-782-4841

If you are unable to get your flu vaccine at Walter Reed, participating TRICARE retail network pharmacies provide the seasonal influenza vaccine. For locations and more information, go to:  
[www.express-scripts.com/TRICARE/pharmacy](http://www.express-scripts.com/TRICARE/pharmacy)

### ACTIONS YOU CAN TAKE TO HELP **prevent the flu**

- Get the flu vaccine early in the flu season
- Wash your hands often with soap and water, especially after you cough or sneeze. (Alcohol-based hand cleaners are also effective.)
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If no tissue is available, cough or sneeze into your elbow.
- Try to avoid close contact with sick people.

### BE ON THE ALERT FOR THESE **flu symptoms**

Flu-like symptoms include (high) fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, and sometimes diarrhea and vomiting. Most healthy people recover from the flu without complications.

Should you feel sick with any of these symptoms:

- Stay home for at least 24 hours after your fever is gone (without the use of a fever-reducing medicine)
- Get lots of rest, drink plenty of liquids, and avoid using alcohol and tobacco.
- Take over-the-counter medications (aspirin, cough drops or cough syrup) to relieve flu symptoms.
- Never give aspirin to children or teenagers who have flu-like symptoms, particularly fever.
- Check with your health care provider for best treatment options.
- Limit contact with others to keep from infecting them.